

## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.

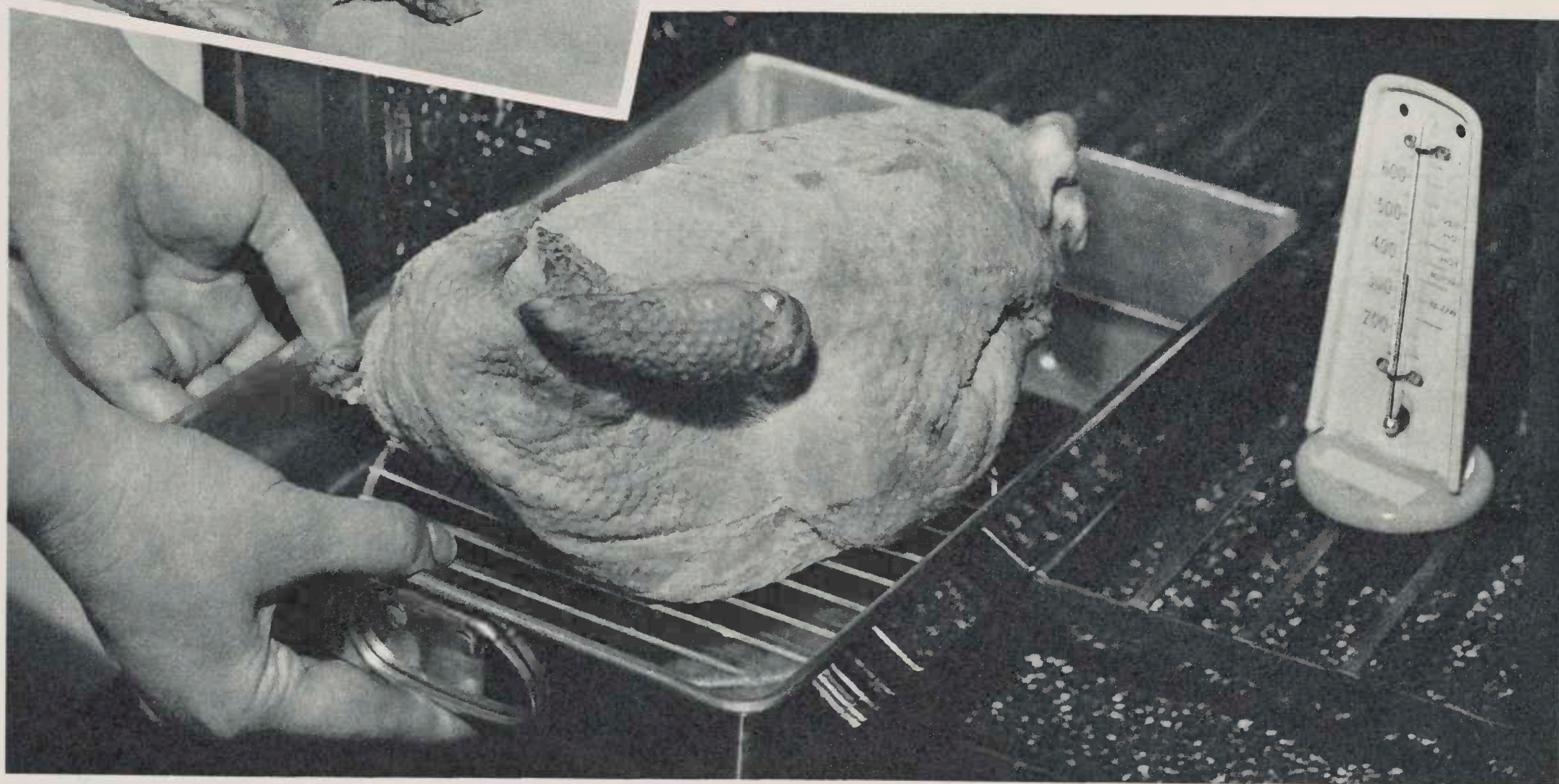


# Get the Good...

## FROM POULTRY



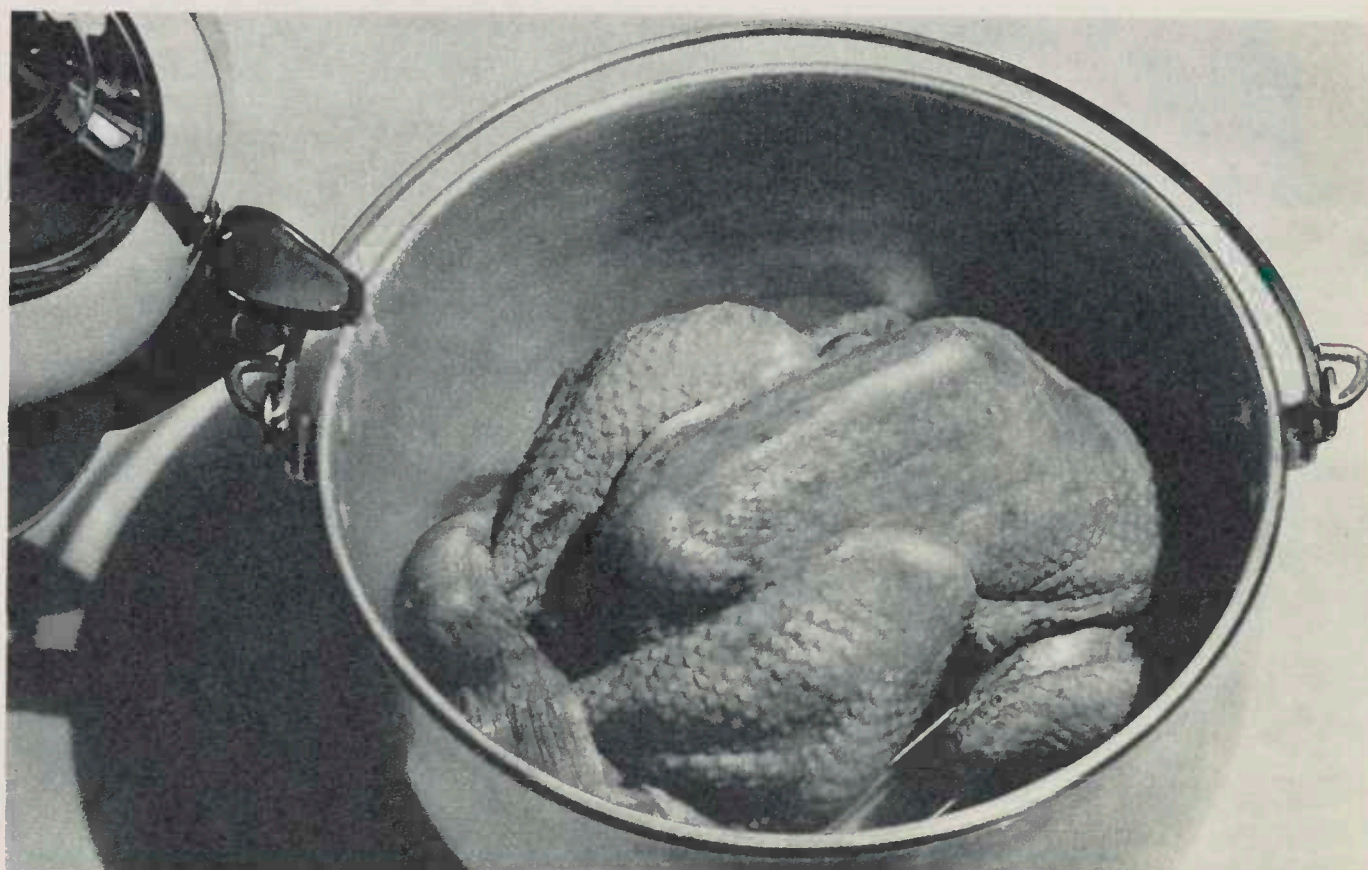
- Wash quickly.... wipe dry.
- × Don't soak out the "good".



- Roast tender birds at moderate heat ( 300° - 350°F )

- Simmer old birds until tender....

- × Don't make them "hard boiled".



8

BUREAU of HOME ECONOMICS  
U.S. DEPARTMENT of AGRICULTURE